

The Challenger

April 2022

Potential Place

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Clubhouse International - World Seminar

We are excited to announce that the in-person and virtual World Seminar will be held Sept 17-22, 2022 in Baltimore, Maryland with B'More Clubhouse as our host Clubhouse.

Potential Place is planning to send 4 Colleagues to the Seminar and we will be selecting two members to attend later in the spring. We are very excited with the anticipation of meeting together again in September. The plenaries, workshops and guest speakers are always informative as are the Clubhouse social interactions that always take place. Stay tuned in future editions for a description of the full program.



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Frank's Blog - What is a Clubhouse?

Frank Kelton

Clubhouses offer people living with mental illness hope and opportunities to achieve their full potential.

The emergence of over 300 Clubhouses around the world demonstrates that people with mental illness can successfully participate in society through education, employment and other social activities. The personal stories

of members and their families and an increasing body of research provide evidence that Clubhouses provide a holistic, inspiring and cost-effective solution for people living with mental illness.



"If it weren't for the Clubhouse [Venture House], I don't know what I'd be doing with my time. My Clubhouse has helped me lead a meaningful and productive life."

(Clubhouse member)

A Clubhouse is:

- A place where people with serious mental illness (members) participate in their own recovery process by working and socializing together in a safe, welcoming environment.
- An organization that operates on proven standards developed over 5 decades by Clubhouse International and effective in over 300 Clubhouses worldwide.
- A community-based approach that complements available psychiatric and medical treatments.
- Active member engagement and involvement are critical components of success at Clubhouses:
- Membership is voluntary and long-term.
- Members have a key role in organizing Clubhouse activities. Staff and members work together as colleagues.

- Work, education and social activities in the Clubhouse are meaningful and help members regain self-worth, confidence and purpose.
- Clubhouses provide paid employment opportunities in local businesses for members who want work; we help members become successful employees.
- Employment, with longer on-the-job tenure for members engaging in Clubhouse Transitional Employment.
- Cost effective, compared to other mental healthcare approaches. The cost of Clubhouses estimated to be one-third of the cost of the IPS model; about half the annual costs of Community Mental Health Centers; and substantially less than the ACT model.
- A significant decrease in hospitalizations as a result of membership in a Clubhouse program.
- Reduced incarcerations, with criminal justice system involvement substantially diminished during and after Clubhouse psychosocial program membership.
- Improved Well-Being compared with individuals receiving psychiatric services without Clubhouse membership. Clubhouse members were significantly more likely to report that they had close friendships and someone they could rely on when they needed help.
- Better physical and mental health. A recent study suggests that service systems like Clubhouses that offer ongoing social supports enhance mental and physical health by reducing disconnectedness.

(Abridged from Clubhouse International's website)

SPRINGING UP NEW SPACE AT POTENTIAL PLACE

Potential Place Clubhouse is one of many beneficiaries of a rich trove of Clubhouse wisdom penned by the founders, members and staff of what has come to be called "the Clubhouse Movement." The first Clubhouse was founded in New York City in the late 1940's and is still flourishing. Over the past 70+ years more than 300 Clubhouses have been founded by a wide variety of communities in every part of the world.

What distinguishes the Clubhouse approach from other effective community-based approaches to mental illness? We turn to early Clubhouse literature and quote from an unsigned article written, or delivered as a speech, at an International Seminar.

"The most important factor in recovering from the devastation of mental illness is not being GIVEN a service. It is being MET, as a whole, worthwhile, equal, productive, adult... the healing will be in the encounter with each other."

The Potential Place community reveres the International Standards for Clubhouse Programs. As part of our commitment to promoting the understanding and effective implementation of these Standards we have created a spacious, attractive, colorful education room in our

Clubhouse. Its purpose is to invite colleagues who have scheduled tours of Potential Place, and our visitors to explore Clubhouse literature in a congenial, well-illuminated, and welcoming room. We are also making a quiet room available for members to study or meditate during the work-ordered day - when our gym is not in use.

If you, or anyone you know, is interested in a tour, please call us at (403) 216-9250 or visit our website at www.potentialplace.org

WE ARE NOT ALONE--NOT NOW, NOT EVER!

The Colleagues of Potential Place



POTENTIAL PLACE HOSPITALIZATION STUDY SHOWCASED ON CLUBHOUSE INTERNATIONAL MEDIA!

STUDY PROVES SUCCESS OF CLUBHOUSE MODEL AT REDUCING HOSPITALIZATIONS



Clubhouse International and Its Impact on Psychiatric Hospitalization in Canada: A Cohort Study co-authored by Frank Kelton, Director Potential Place, CA, has been published in the Canadian Journal of Community Mental Health. This empirical study offers important evidence of the success of the Clubhouse model as well as the potential cost savings to the health care system.

Read it here: <https://www.cjcmh.com/doi/abs/10.7870/cjcmh-2021-019>

Province of Alberta Current Alberta Covid19 Measures as of February 2022

Public health measures will be phased out in 3 steps, beginning with lower-risk activities.

Step 1

Alberta entered Step 1 on February 9. The following changes came into effect at that time.

- Restrictions Exemption Program removed, along with most associated restrictions.
- Capacity limits are extended to all large facilities and entertainment venues (500+), but food and beverage consumption is now allowed in seats.
- Physical distancing of 2 metres between households is encouraged, operators should facilitate distancing between patrons where possible.
- Mandatory masking requirements removed for:
 - children under 13 in all settings as of February 14
 - students of any age attending K-12 schools and participating in school activities as of February 14

Step 2

Alberta entered Step 2 on March 1. The following changes came into effect at that time.

- Any remaining school requirements removed (for example: Kindergarten to grade 6 cohorting).
- Youth screening activities for entertainment and sport activities removed.
- Capacity on all large venues and entertainment venues lifted.
- Restrictions lifted on interactive activities, table limits, liquor sales and closing times for bars, restaurants and other food serving businesses.
- Indoor and outdoor social gathering limits lifted, including for all wedding and funeral events.
- Mandatory work-from-home requirements lifted.
- Provincial mask mandate lifted except:

- on municipal and intra-provincial public transit for Albertans 13 and older
- at AHS-operated and contracted facilities, and all continuing care settings

Step 3

The timeline for Alberta entering Step 3 is to be determined and will depend on hospitalization rates continuing to trend downward.

- COVID-specific continuing care measures removed.
- Mandatory isolation removed (becomes a recommendation only).

AHS covid-19 Protocols that Potential Place Society Must Adhere to:

AHS will continue with continuous masking requirements for AHS and contracted providers for the foreseeable future. No timelines have currently been provided.

In addition to masking, all AHS and Covenant sites will continue to require visitors to perform hand hygiene, physical distancing and health screening upon entry.

Social Recreation

Potential Place will follow guidelines such as limiting attendance for social distancing purposes and use PPE for indoor gatherings. For gatherings in the community, Potential Place will use the best practices as advised by AHS and adhere to the protocols of the recreational site or restaurant.

Physical environment

Respiratory infections tend to spread rapidly in enclosed, small spaces with a large number of people; increasing space between people reduces the risk of transmission. Display appropriate signage at entrance to encourage immediate hand hygiene and the wearing of masks.

Common area/group activities/communal dining

- 2.1 Develop site-specific processes to maximize physical distancing as best as possible. Where physical distancing cannot be maintained clients must be masked.
- 2.2 Dining rooms: continue to distance and stagger mealtimes or at a minimum cohort clients.
- 2.3 Hand hygiene is performed before and after using shared client items (i.e. coffee machines, vending machines, microwaves, toasters, and beverage containers). Include these items in routine daily cleaning.
- 2.4 Limit client contact with cutlery and condiments.
- 2.5 Fitness centre use should be limited to 1 client unless space permits adequate physical distancing for additional clients. When fitness centre is in use by more than one client, clients should be masked.

Spring is Here

Laura Pearce

Spring is here and after six months of participating virtually at Potential Place, I can finally come in at least two times a week. I did ACCESS my 12 Step meeting on Sunday so getting out make me feel so much better. It was because of my power chair not able to handle the snow and rain and the bad weather. I caught up on things I use to do at Potential Place which I can't do virtually.

Thank spring and thank Potential Place for a place I go to handle my BPD (Borderline Personality Disorder) I will also be able to get some food for myself which was hard without ordering it in. I can also get food from Potential Place which I can also bring home. All of this helps me feel good overall.

TE Update

We are delighted to let everyone know that Potential Place secured a second Transitional Employment position at OEB Bridgeland. The job title is Busser - nine hours per week with a possibility of increased hours.

Rhonda M was selected and started placement on Saturday February 26th 2022.

Congratulations to Rhonda!

Furthermore, Alexander B was selected for TE placement at Staples Beltline, the job title is, Customer Service Representative and started placement on Tuesday February 22, 2022

Congratulations to Alexander!



14 years working with schizophrenia

I'm Giuseppe writing about my 14-year employment at a store as an independent worker and making it into retirement. My job was a designated employee which means I was trained to open and close the store, watch over cashiers and engage in stocking of shelves with employees.

I kept in touch with PPS over the years, and it helped me stay grounded and appreciate my job. I am thankful that I could do it. I was more involved and entered as a board member in the years of 2016-2018 at Potential Place. I also did some employment networking with Enitan to find TE opportunities for the Clubhouse. Some employers were welcoming and some thought that there was a stigma involved in hiring our members with a mental illness.

During my employment, I was always concerned about how I was doing at my part time job. There were times where I would think that I would lose my job, but the next day came and I never heard anything about my previous day's performance. The company keeps the way they treat their employees very professional. I never heard anything about me having a mental illness. The positive and negative thoughts always went through my head like, was I going to make it? Was I doing a good job? Time went by and I focused on the task of operating the store and being responsible for what I do at work. Staying on my daily meds helped and enabled me to function to the best way by allowing me to try my best everyday I worked.

Days went by, then months, then years. After a 14 year stretch, I decided to retire. I am thankful that I was employed for that many years. I am ready to enjoy spending time with family, and friends, as well as playing lawn bowling. Thanks to PPS and my employer for the ongoing support.

When some things get back to normal from COVID, I plan to attend the career dinner as a guest speaker to answer questions and speak about my work experience and how I survived the 14 years employment.

-Giuseppe

PS. Hope to see you there.



Spring Activities

Cass & Brianna

Spring is upon us. It is time to take advantage of the many activities our city has to offer during this season.

Local Spring Markets

Go for a Walk

- Walk YYC offers free walking tours that explore the history of Calgary.
<https://www.walktheyyc.com/>.
- AllTrails is a guide to the outdoors and allows you to easily find trails near you!
- Explore your neighbourhood: *Prince Island Park, Glenmore Reservoir, Fish Creek Park, Weaselhead Flats, Kensington, River, Nose Hill Park*

Go Play a Game Outdoors

- Frisbee, soccer, Basketball, Bocce, Football, Baseball

Go for a Ride

- Bike, Skateboard, Rollerblading

Geocaching

- A free treasure hunting game where you use a GPS to hide and seek containers with others.
- Confederation Park, Nose Hill, Fish Creek Park, Bowness Park, 12 Mile Coulee, Edworthy Park.

Devonian Gardens

- Large indoor park and botanical garden located in the downtown core

Other Activities you can do this Spring:

- Fishing
- Hiking
- Read a good book
- Picnic
- Dog Park
- Ice cream
- Watch the sunrise + sunset

April 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 5-Minute Wellness Stretch @ 9:45AM & 1:15PM	29 5-Minute Wellness Stretch @ 9:45AM & 1:15PM	30 H & W @ 1:30PM Boundaries Role-Play	31 Wellness Walk @ 11:30PM	1 5-Minute Wellness Stretch @ 9:45AM & 1:15PM	2
3	4 5-Minute Wellness Stretch @ 9:45AM & 1:15PM	5 5-Minute Wellness Stretch @ 9:45AM & 1:15PM	6 H & W @ 1:30PM Learning How to Draw with Chester	7 Wellness Walk @ 11:30PM	8 5-Minute Wellness Stretch @ 9:45AM & 1:15PM	9
10	11 5-Minute Wellness Stretch @ 9:45AM & 1:15PM	12 5-Minute Wellness Stretch @ 9:45AM & 1:15PM	13 H & W @ 1:30PM Music Appreciation	14 Wellness Walk @ 11:30PM	15 5-Minute Wellness Stretch @ 9:45AM & 1:15PM	16
17	18 5-Minute Wellness Stretch @ 9:45AM & 1:15PM	19 5-Minute Wellness Stretch @ 9:45AM & 1:15PM	20 H & W @ 1:30PM Spring Activities & Community Events	21 Wellness Walk @ 11:30PM	22 5-Minute Wellness Stretch @ 9:45AM & 1:15PM	23
24	25 5-Minute Wellness Stretch @ 9:45AM & 1:15PM	26 5-Minute Wellness Stretch @ 9:45AM & 1:15PM	27 H & W @ 1:30PM Check-In & Activity Planning	28 Wellness Walk @ 11:30PM	29 5-Minute Wellness Stretch @ 9:45AM & 1:15PM	30
1	2	<p>Please Note: 1:30pm at the Clubhouse or via Zoom. H & W Meetings: Subject to cancellation or time change. Wellness Walks: Everyday after the unit meetings (9:45am & 1:15). You can attend at the</p>				

New Beginnings

O what joy in new beginnings—an endless springtime! Each breath seems to hold an eternity; each moment lived in the wildness of its wonder.

Let my heart remain ever true to new beginnings; let my eyes rest assured on every moment's dawn;

For only there are all our forevers to be found; only there the joy-filled river of innocence runs true.

May we all re-discover our newest beginnings; may we see only the eternity each moment contains;

for surely our true purpose is to live life in its fullness; and to realize each moment is and always was our first.

From: Peeking Out from the Cloakroom: -

a poetry collection- by Wesley Earl Reid

Available from Amazon.ca in paperback (\$9.99) or as a Kindle book (\$4.99)

Annual Report

I had an emotional and mental break down again the hospital for 3 weeks then back to Potential Place where I always was a man of much gratitude for Potential Place. While in the hospital I wrote part 2 of my memoir book. I sold 75 copies and gave away 50 copies. The most recent schooling was at Alexandra writer society where I took 20 weeks of courses on writing. I am now enrolled in a children book course for 8 weeks. There I will attempt to write 5 books for the children. I now feel free in my world at Potential Place. I love to do public speaking with toast masters and have 400 speeches now. I hope everyone sees how I did grow.

Bart Collie

Recipe of the Month - Easy Avocado Breakfast Tacos

Budget-Friendly, Diabetic-Friendly, Vegetarian

Servings: 4 people



Ingredients

- 1 teaspoon olive oil
- 4 eggs lightly beaten
- 8 corn tortillas warmed or lightly toasted
- 1 avocado pit and peel removed, diced into medium chunks
- 2 tablespoons cilantro fresh, roughly chopped

Instructions

1. Heat the olive oil in a skillet, once hot add the eggs and scramble.
2. Once scrambled, lay the tortillas on a flat surface and spoon the scrambled eggs into the middle of each tortilla. Divide the eggs evenly between each.
3. Top the eggs with the avocado and cilantro. If desired, these avocado breakfast tacos can also be topped with your favorite salsa or vegetables.

<https://skinnymys.com/easy-avocado-breakfast-tacos/>

Getting to Know You - Janna

This interview was done by member Julia G about Janna P. S. who works as a Recreational Therapist/ Community Mental health Rehabilitation with Alberta Health Services. Janna has been collaborating with Potential Place for several years by way of client/ member referrals. Over the years Janna has gained a solid understanding of Potential Place's programming, so much so, that she is often referred to as a colleague of Potential Place.

1.) Tell me a bit about yourself.

Janna is originally from Saskatoon and is a proud Saskatchewanian Rough Riders fan who obviously loves football. She moved to Calgary in 1999/2000 and commenced working in the mental health field. She has 2 children.

She is passionate about supporting people living with mental illness. Janna is a big fan of Clubhouse and loves the inclusion that it offers.

She thinks she's funny and would like to make lots of money some day.

2.) What do you hope your clients will gain from their involvement in Clubhouse?

Janna hopes that her clients will gain an authentic connection.

3.) What do you feel the proudest of regarding your involvement with us?

She's proud of the connections that have been made. It is not just professional but also a friendship and it's a like-minded environment where we're all here to support one another and not just to focus on mental illness or addictions.

Janna is proud of the fact that Potential Place was open during the pandemic and has recommended Potential Place as a resource for people seeking to recover/ live with their mental illness. Potential Place proved to be a great source of support when many other agencies or places like coffee shops and the libraries were closed - Potential Place remained as *a wonderful place for people to go and receive support and care.*

4.) What about the Clubhouse model has made the most impact on you and why?

Janna has observed how everyone becomes a part of the Clubhouse and even though she works for Alberta Health Services and wears a badge to indicate that, she feels like a part of the Clubhouse community.

The work order day contributes to the structure of a person's overall well-being. People connect and are able to build relationships - Members are able to form lasting relationships through their engagement in the Clubhouse!



"A Place Of Hope
In A Community That Cares"

April 2022

Times & events are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 In-House Movie Night	2 Repsol
3	4	5	6 YAOP Movie Night	7	8 Board Game Cafe	9 In-House Paint Day
10	11	12	13 Career Dinner 4:00 PM - 6:30 PM	14	15 In-House Tie- dyeing Easter Eggs & Crafts	16 Brunch at Namo
17	18	19	20 YAOP Game Night + Order Food	21	22 Escape Room	23 In-House Lunch Cooking Class
24	25	26	27	28	29 In-House Karaoke Night	30 Bowling



April 2022

Join us for Unit Meetings Every Day at 9:30AM & 1:00PM!

Zoom Link: <https://zoom.us/j/9084483817>
Meeting ID: 908 448 3817

Call-In Number: 1 (587) 328-1099

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Café Meeting at 1:30PM	5 Community Meeting at 1PM	6 Health & Wellness Meeting at 1:30PM	7 Challenger/Marketing Meeting at 1:30PM	8	9
10	11 Café Meeting at 1:30PM	12 Community Meeting at 1PM	13 Health & Wellness Meeting at 1:30PM	14 Standards Committee Meeting at 1:30PM	15	16
17	18 Café Meeting at 1:30PM	19 Community Meeting at 1PM	20 Health & Wellness Operations Meeting at 2:30 PM	21 Housing Meeting for Tenants at 2PM	22	23
24	25 Café Meeting at 1:30PM	26	27	28 Standards Committee Meeting at 1:30PM	29	30

Please Donate to Potential Place

Charitable # 895282358RR0001			
Your Donation Will Support			
<p>Non-Restricted Funds - Can be applied to any one of our current programs</p> <p>Program Supports - Community Connection - Café/Bistro - Marketing</p> <p>Continuing Education Supports</p> <p>Transitional Employment Program</p> <p>Social Recreation Supports</p> <p>YAOP Supports - Young Adults of Potential</p> <p>Housing Supports</p>	<p style="text-align: center;">Please Check One</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>		
Donation Amount			
One - Time	Monthly - Until MM / DD / YYYY		
Enter the Amount	<input type="text"/>	<input type="text"/>	<input type="text" value="/"/>
Message/Instructions for Potential Place Society			
Payment Information			
		Credit Card Type <input type="text"/>	
Card Number	<input type="text"/>	<input type="text"/>	<input type="text"/>
Expiry Date	Month <input type="text"/>	Year <input type="text"/>	
Card Holder Name	<input type="text"/>		Telephone <input type="text" value="()"/>
Address	City	Province	Postal Code
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<p>Please Print and fax to 403-216-9251 or scan and e-mail to: navi.sahota@potentialplace.org</p> <p>Address - 210, 308 - 8th Street SE Calgary, Alberta T2G 0Y2</p>			